

JUNGLEE MAAS

#Game4Spice

Junglee Maas (or "wild meat") is a classic, traditional Rajasthani dish, here made with wild venison shoulder, hailing from the days of hunting as a sport amongst the affluent. Dried Kashmiri chillies and black cardamoms are absolutely essential in its preparation. As an accompaniment "Kacher Subji", is a dry mixed vegetable curry spiced with caraway and soured originally with powdered "Kachri", a desert cucumber, but here with Amchoor. Rice and a Rajasthani mixed dhal complete the meal.

INGREDIENTS (SERVES 4)

- ❖ 900g boned shoulder of venison, cut into 1½" dice
- ❖ 20 dried Kashmiri chillies, deseeded
- ❖ 3 tsp coriander seeds
- ❖ Seeds from 3 black cardamoms
- ❖ ½ tsp turmeric
- ❖ 175ml full-fat Greek-style yoghurt
- ❖ 4 tbsp sunflower or vegetable oil
- ❖ 4 cloves
- ❖ 4 green cardamom pods
- ❖ 2 cassia leaves (or 4 dried bay leaves)
- ❖ 3 onions, halved and finely sliced
- ❖ 8 garlic cloves, very finely chopped
- ❖ Approx. 300ml stock (and/or water)
- ❖ ½ tsp salt (or to taste)
- ❖ Large knob of butter
- ❖ Garam masala, a few pinches

DIRECTIONS

1. Soak the chillies in sufficient boiled water to cover for 30 mins. Blitz them to a paste using as little soaking liquid and/or water as necessary.
2. Grind the coriander and black cardamom seeds using a spice grinder (or pestle and mortar) then combine with the chilli paste, turmeric and yoghurt and marinate the meat in this mixture for 2 hrs or longer.
3. Heat the oil in a flameproof casserole,



Junglee Maas, Kacher Subji, Rajasthani Mixed Dhal, Basmati Rice

4. Lift the meat from the marinade and add to the pan over a medium heat to remove the moisture then add the marinade in batches incorporating gently over a low-medium heat. Simmer for about 20 mins until the meat is brown and the marinade thick.
5. Pour in stock to barely cover, stir in the salt and bring to the boil. Cover and cook in a 150°C oven for as long as required (1-3 hrs), stirring occasionally, until the meat is tender and the gravy has thickened.
6. Stir in the knob of butter and a sprinkling of garam masala just before serving.

SEASONAL SIDE

KACHER SUBJI (SOUR MIXED VEGETABLES)

Bring a pan of lightly salted water to the boil. Add 200g peeled and diced (2cm) carrots for 2 mins then add 300g cauliflower florets (2cm) for a further 1 min.

Drain and if not using immediately refresh in cold water. In 2-3 tbsp sunflower oil heat 1 tsp caraway seeds and 3-4 finely chopped garlic cloves for a few seconds then add the vegetables with ½ tsp ground coriander, ¼ tsp turmeric, and ½ tsp Kashmiri chilli powder (or ¼ tsp cayenne pepper). Mix well, lower the heat and cook gently for 5 mins with the lid on. Next add 175g chopped tomato and ¼-½ tsp salt and sauté, uncovered for a further 3 mins. Just before serving, stir in either 1 tsp amchoor (dry mango powder) plus 1 tsp lemon juice, or 2 tbsp lemon juice, then garnish with chopped fresh coriander and serve.